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Peanut Butter

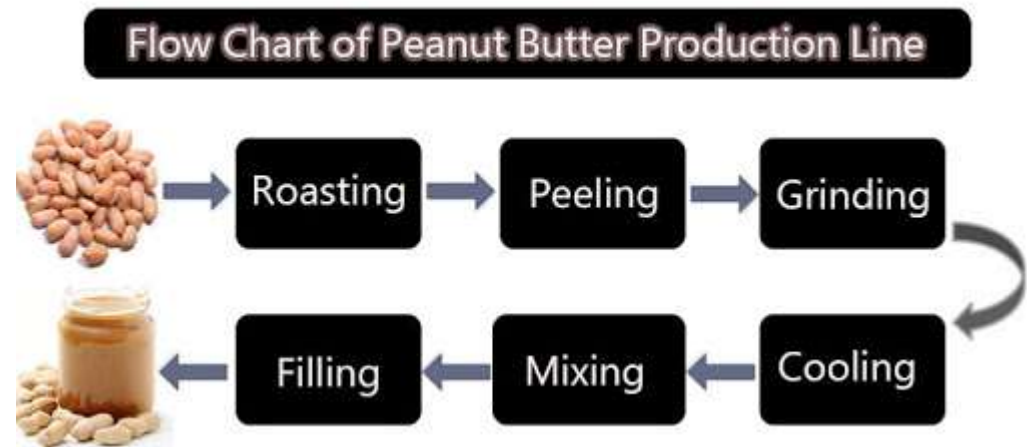


What is Peanut Butter



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- Peanut butter is a food paste or spread made from ground, dry-roasted peanuts.
- It often contains additional ingredients that modify the taste or texture, such as salt, sweeteners, or emulsifiers.
- Peanut butter is popular in many countries.



History of Peanut Butter



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- Peanut butter was first introduced at the St. Louis World's Fair in **1904**
- Peanuts and peanut butter became an integral part of the Armed Forces rations in **World Wars I and II**.
- It is believed that the U.S. army popularized the peanut butter for sustenance during manoeuvres in World War II.



Proveda Peanut butter



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Proud to
Introduce...



Proveda Pro food Creamy & Crunchy
Peanut Butter with the Benefits of Whey Protein

Proveda Peanut butter

Ingredients



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- Roasted Peanuts
- Dark Chocolate Paste
- Cocoa Solid
- Whey Protein Concentrate
- Creamy & crunchy Chocolate flavour



Proveda Peanut butter Benefits



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- Good for Heart
- Excellent Energy Booster
- Rich in fibre
- Good amount of Potassium
- It can lower chances of developing Diabetics
- Good for Bone Health
- Helps in Weight Loss
- Full of Nutrients
- Its a immunity booster



Proveda Peanut butter can infants and kids take ?



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- The American Academy of Allergy, Asthma, and Immunology recommends introducing **peanut butter** to your **baby** only after other solid foods **have** been fed to them safely, without any symptoms of allergies. This **can** happen between 6 and 8 months of age.



Proveda Peanut butter can a pregnant lady take this?



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- **Peanuts** and **peanut butter** are nutritious sources of polyunsaturated fatty acids and antioxidants. In addition, nuts are rich in folate,
- which may help decrease risk of neural tube defects in your growing baby.
- So as long as you're not allergic to **peanuts**, feel free to enjoy some **peanut butter** during your **pregnancy**.



Proveda Peanut butter can a diabetic person take this?



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- Research has shown that **peanuts** can help control blood sugar in both healthy individuals and those with **type 2 diabetes**.
- **Peanuts** and **peanut butter** have even been shown to help lessen the spike in blood sugar when paired with high-carbohydrate or high-GL foods.



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Who Can Take & How?



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- Any Body can take Peanut Butter
- Have 1-2 spoonfuls and spread it on bread. Take it in breakfast or as evening snacks
- 1 servings 32 gm





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Thank You